



## FEATURES

**BREAKFAST BRIOCHE EGG DELUXE | 18 GFA**  
 choice thick cut bacon or maple sausage,  
 organic eggs, comte, potato cake, toum aioli,  
 brioche, cajun marble potatoes

**EGGS YOUR WAY | 17**  
 two organic eggs, choice thick cut bacon  
 or maple sausage, cajun marble potatoes,  
 sourdough

**CHICKEN + WAFFLE | 21 N**  
 carrot and spice infused belgian waffle,  
 buttermilk chicken tenders, maple buttercream,  
 maple syrup, whipped cream, candied pecans

**BUTTERMILK PANCAKES | 16**  
 maple buttercream, fresh seasonal berries,  
 organic whipped cream, pure maple syrup,  
 powdered sugar

**AVOCADO TOAST | 16 VGA**  
 smashed avocado, two organic eggs, chevre,  
 heirloom cherry tomatoes, cucumber, sourdough

**ORGANIC GRAIN FREE GRANOLA  
 PARFAIT | 14 GF / N**  
 organic greek yogurt, grain free granola,  
 seasonal berries and fruit, orange blossom honey

## SALADS

sub salmon 5 | sub shrimp 9

**PEACH HIBISCUS SALAD | 20 N / GF / VA**  
 green circle chicken, organic field greens, crispy  
 prosciutto, strawberries, blueberries, chevre,  
 dried cherries, candied pecans, peach hibiscus  
 vinaigrette

**WEDGE SALAD | 20 GF / VA / K**  
 green circle chicken, baby iceberg, prosciutto,  
 point Reyes blue cheese, heirloom cherry tomatoes,  
 crispy shallots, house blue cheese dressing

**TOSSED COBB SALAD | 18 GF / VA / PA / K**  
 green circle chicken, chopped iceberg, lardons,  
 organic hard-boiled egg, heirloom cherry  
 tomatoes, red onion, blue cheese crumble, keto  
 avocado ranch

### DRESSINGS

balsamic + oil, lemon + oil, honey mustard,  
 peach hibiscus vinaigrette, blue cheese,  
 keto avocado ranch

## HANDHELDS

served with cajun marble potatoes GF  
 sub truffle fries 4 | sub fries 2 | sub keto bun GF 4

**BLACK AND BLUE WAGYU SMASH BURGER | 23 GFA**  
 wagyu sirloin, point Reyes blue cheese,  
 bacon jam, sunny side egg, peppercorn aioli,  
 brioche

**THE WAVE SMASH BURGER | 19 GFA / KA**  
 house beef blend, white cheddar,  
 caramelized onion, pickle, pub sauce,  
 toum aioli, sunny side egg, brioche

**WAGYU ROAST BEEF | 24 KA**  
 shaved roasted wagyu sirloin, comte, heirloom  
 tomato, organic lettuce, shaved red onion,  
 dijon aioli, sourdough

**HEIRLOOM TOMATO SANDWICH | 19 GFA**  
 marinated heirloom tomatoes, burrata, basil,  
 broccoli sprouts, balsamic glaze, dijon aioli,  
 sourdough

We proudly serve organic,  
 100% non-GMO dishes.

**GF** Gluten-Free | **V** Vegan | **VG** Vegetarian  
**K** Keto-Friendly | **P** Paleo-Friendly  
**N** Contains Nuts | **A** Available Upon Request

## SIDES

THICK CUT BACON – 5  
 MAPLE BREAKFAST SAUSAGE – 5  
 CAJUN MARBLE POTATOES – 7  
 TOAST AND PRESERVES – 5  
 SEASONAL FRUIT AND BERRIES – 6  
 MALT CHIPS - 5

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness. Items with asterisk contain raw or undercooked ingredients. Please note, while we take precautions to avoid cross-contact, The Wave is not a nut or gluten-free kitchen. \*A 2.9% transaction fee applies to all transactions, regardless of payment method.

## COCKTAILS

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### GARDEN GODDESS | 14

dragonwell infused absolut, jalapeño, cucumber juice, arugula, lemon, mint

### WATERMELON WAKE | 14

watermelon-infused absolut + new amsterdam gin, watermelon juice, aperol, lemon, basil

### SAPPHIRE MINERAL ELIXIR | 14

grapefruit + lemon-infused absolut, rhubarb, coconut, spirulina, hibiscus, lemon, house-made electrolytes

### STRAWBERRY FIELDS SPRITZ | 14

aperol, wild strawberry allulose, prosecco, pink salt

### GRAPEFRUIT MARTINI | 14

absolut vodka, fresh grapefruit, basil, lime, pink salt

### ESPRESSO MARTINI | 14

ketel one vodka, espresso, cane sugar

### SKINNY HOUSE MARGARITA | 12

cazadores blanco, fresh lime juice, and pink salt  
add a flavor: jalapeno, or strawberry allulose +1

## WINE

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### BUBBLES

Blanc De Blanc – Ethos 13 / 48  
Extremadura, Spain

Prosecco – La Marca 13 / 48  
Veneto, Italy

Cava – Naveran 14 / 52  
Catalonia, Spain

Sparkling Rosé – JCB No. 69 75  
Crémant de Bourgogne  
Burgundy, France

### WHITES

Voigner – Terra D'oro 10 / 38  
Amador, CA

Pinot Grigio – Piccini Delle Venezie 10 / 38  
Veneto, Italy

Sauvignon Blanc – Frenzy 14 / 52  
Marlborough, New Zealand

Chardonnay – Hess Shirtail Ranches 18 / 68  
Napa, CA

Riesling – Union Sacré 18 / 68  
Monterey, CA

Gruner Veltliner – Hopley 12 / 45  
Burgenland, Austria

### REDS

Pinot Noir – Calera Central Coast 16 / 60  
California, United States

Syrah – François Villard L'Appel 12 / 45  
des Sereines  
Rhône Valley, France

Red Blend – Marietta Cellars Old Vine Red 12 / 45  
California, United States

Renato Ratti – Langhe Nebbiolo 14 / 52  
Piedmont, Italy

Cabernet Sauvignon – Hess Maverick 18 / 68  
Ranch  
Napa County, CA

### ROSÉ

Château de Berne Méditerranée Romance 12 / 45  
Provence, France

Peyrassol Cote Du Rhone 14 / 54  
France

## BEER & SELTZER

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Corona – 6

Miller Light – 6

Busch Light – 6

Michelob Ultra – 6

Bud Light – 6

House Draft Selection – 7

Hulk Hogan's Real American Beer – 5

High Noon Peach – 7

White Claw Black Cherry – 7

Sun Cruiser Iced Tea – 7

N/A - Sierra Nevada Golden Ale – 5

## CAFE DRINKS

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ZERO-TOXIN ORGANIC COFFEE | 3  
add whole or oat milk +1

KETO ORIGINAL BULLETPROOF | 5  
zero-toxin coffee, mct oil, grass-fed butter

HOT TEA | 4  
english breakfast, iced black tea, green dragonwell, decaf golden chamomile blossom, decaf turmeric ginger

## TABLESIDE WATER

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STILL – 8    SPARKLING – 8

## DESSERT

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BUTTER CAKE W/ ICE CREAM | 10

SKILLET COOKIE W/ ICE CREAM | 10

KETO SABAYON W/ FRESH BERRIES